

# ***What is Carbohydrate Counting?***

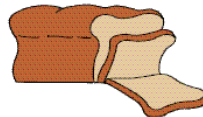
A method of meal planning which controls the total amount of carbohydrates eaten per day.

Eat a consistent amount of carbohydrates throughout the day.

Eat about the same time each day.



10 Thick French fries  
20 Thin French fries



1 slice of bread



1 tablespoon  
sugar, honey, jelly

## **One Carbohydrate Choice**



$\frac{1}{2}$  Cup of Juice

## **Equals 15 Grams of**

## **Carbohydrate**



1 small fruit



$\frac{1}{2}$  cup or 1 ounce  
chips or pretzels

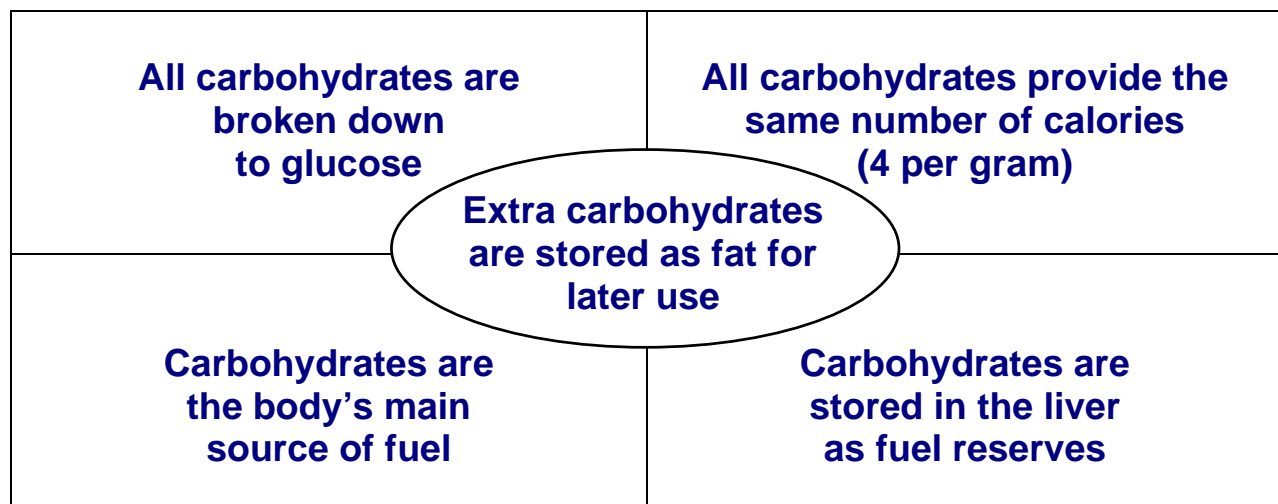


3 cups raw  
1  $\frac{1}{2}$  cup cooked  
vegetables



$\frac{1}{2}$  cup plain  
ice cream

# ***How Do Carbohydrates Function?***



## Carbohydrate Foods Are Sugar, Starch and Fiber

### One Serving Equals 15 Grams of Carbohydrate

Food Group and Serving Size	Food Type
<b>Starch</b>	
1 slice bread	Bread, rolls, bagels, English muffins, tortillas, and pita bread
1/3 cup pasta or rice	Pasta, noodles, spaghetti, macaroni and rice
1/2 cup cereal	Oatmeal, bran flakes
1/2 cup starchy vegetables	Potatoes, corn, peas, acorn squash
1/2 cup dried beans or peas	Legumes: lentils, dried beans, (garbanzo, kidney, black, and butter beans), dried peas (split peas and black-eyed peas)
<b>Fruit</b>	
1/2 large or 1 small	Apples, oranges, bananas, and other fruits
1/2 cup	Fresh, frozen, canned or juiced
<b>Dairy Products</b>	
1 cup	All milk – 1% or skim are better choices
6 ounces	Yogurt (plain or artificially sweetened)
1 cup	Sugar-free hot chocolate mixes
<b>Vegetables</b>	
3 cups raw or 1 1/2 cups cooked	Carrots, green beans, broccoli, greens, okra and other crunchy vegetables not listed under the starch group
<b>Other (2 carbohydrates)</b>	
1 slice	Foods that include any of the items below: restaurant-style pizza – medium slice
1 cup	Tuna or macaroni and cheese casserole
<b>Other (1 carbohydrate)</b>	
1 cup	Chicken noodle soup
1 cup	Beef stew
<b>Dessert/Sweets (1 carbohydrate)</b>	
1 tablespoon	Sugar, honey, jelly
1/2 cup	Ice cream, frozen yogurt
2 small cookies	Small commercial-type cookies
<b>Dessert/Sweets (2 carbohydrates)</b>	
1/2 slice of pie or cake	Dessert style pie and cake
<b>Snack Foods (1 carbohydrate)</b>	
1/2 cup or 1 ounce	Pretzels
3 cups	Popcorn, popped, no added fat